NATURAL PHARMACY BUSINESS – MAY 2019 ISSUE

REFERENCES

Pg8-10 – Solgar CPD Feature

1. Freeman EW, Sammel MD, Lin H, et al. Symptoms associated with menopausal transition and reproductive hormones in midlife women. Obstet Gynecol 2007;110:230–240
2. Dhanoya T, Sievert LL, Muttukrishna S, Begum K, Sharmeen T, Kasim A, Chowdhury O, Bentley GR. Hot flushes and reproductive hormone levels during the menopausal transition. Maturitas. 2016 Jul;89:43-51. doi: 10.1016/j.maturitas.2016.03.017.
3. Øverlie I, Moen MH, Holte A, Finset A. Androgens and estrogens in relation to hot flushes during the menopausal transition. Maturitas. 2002 Jan 30; 41(1):69-77.
4. Hale GE1, Burger HG. Hormonal changes and biomarkers in late reproductive age, menopausal transition and menopause. Best Pract Res Clin Obstet Gynaecol. 2009 Feb;23(1):7-23.
5. Weber MT, Rubin LH, Maki PM. Cognition in perimenopause: the effect of transition stage. Menopause. 2013 May; 20(5):511-7.
6. Weber MT, Maki PM, McDermott MP. Cognition and mood in perimenopause: a systematic review and meta-analysis. J Steroid Biochem Mol Biol. 2014 Jul; 142:90-8.
7. Martin VT1, Pavlovic J2, Fanning KM3, Buse DC2, Reed ML3, Lipton RB2,4. Perimenopause and Menopause Are Associated With High Frequency Headache in Women With Migraine: Results of the American Migraine Prevalence and Prevention Study. Headache. 2016 Feb;56(2):292-305. doi: 10.1111/head.12763.
8. Kupperman HS, Wetchler BB and Blatt MHG: Contemporary therapy of the menopausal syndrome JAMA 1959, 171:1627-1637.
9. van der Sluijs CP, Bensoussan A, Liyanage L, Shah S. Women's health during mid-life survey: the use of complementary and alternative medicine by symptomatic women transitioning through menopause in Sydney.Menopause. 2007;14:397–403.
10. Gold EB, Bair Y, Zhang G, et al. Cross-sectional analysis of specific complementary and alternative medicine (CAM) use by racial/ethnic group and menopausal status: the study of women's health across the nation (SWAN). Menopause. 2007;
11. Legare F, Stacey D, Dodin S, et al. Womens decision making about the use of natural health products at menopause: a needs assessment and patient decision aid. J Altern Complement Med. 2007;13:741–750.
12. Zhao D, Liu C, Feng X, Hou F, Xu X, Li P. Menopausal symptoms in different substages of perimenopause and their relationships with social support and resilience. Menopause. 2019 Mar; 26(3):233-239.
13. Lethaby A, Marjoribanks J, Kronenberg F, Roberts H, Eden J, Brown J. Phytoestrogens for menopausal vasomotor symptoms. Cochrane Database Syst
14. World Health Organization (WHO) Research on the Menopause in the 1990s: Report of WHO Scientific Group. Geneva: WHO; 1996
15. Michele R Forman,1 Lauren D Mangini,1 Rosenie Thelus-Jean,2 and Mark D Hayward. Life-course origins of the ages at menarche and menopause. Adolesc Health Med Ther. 2013; 4: 1–21.

16. Utian WH. The International Menopause Society, Menopause-related terminology definitions. Climacteric. 1999;2:284-286.
17. J Dratva, F. Go´mez Real, C Schindler, et al. Is age at menopause increasing across Europe? Results on age at menopause and determinants from two population-based studies Menopause: The Journal of The North American Menopause Society 2008 Vol. 16, No. 2,
18. J Dratva, F. Go´mez Real, C Schindler, et al. Is age at menopause increasing across Europe? Results on age at menopause and determinants from two population-based studies Menopause: The Journal of The North American Menopause Society 2008 Vol. 16, No. 2,
19. Nelson HD. Menopause. Lancet 2008;371:760–70. 5. Gold EB, Colvin A, Avis N, Bromberger J,
20. Greendale GA, Powell L, et al. Longitudinal analysis of the association between vasomotor symptoms and race/ethnicity across the menopausal transition: study of women's health across the nation. Am J Public Health 2006;96:1226–35.
21. Van Noord PA, Dubas JS, Dorland M, Boersma H, te Velde E. Age at natural menopause in a population-based screening cohort: the role of menarche, fecundity, and lifestyle factors. Fertil Steril. 1997;68(1):95–102.
22. Luoto R, Kaprio J, Uutela A. Age at natural menopause and sociodemographic status in Finland. Am J Epidemiol. 1994;139(1):64–76.
23. Rödström K, Bengtsson C, Milsom I, Lissner L, Sundh V, Bjoürkelund C. Evidence for a secular trend in menopausal age: a population study of women in Gothenburg. Menopause. 2003;10(6):538–543.
24. Dratva J, Gómez Real F, Schindler C, et al. Is age at menopause increasing across Europe? Results on age at menopause and determinants from two population-based studies. Menopause. 2009;16(2):385–394.
25. Kaczmarek M. The timing of natural menopause in Poland and associated factors. Maturitas. 2007;57(2):139–153.
26. Burch PR, Gunz FW. The distribution of the menopausal age in New Zealand. An exploratory study. N Z Med J. 1967;66(413):6–10.
27. Stadel BV, Weiss N. Characteristics of menopausal women: a survey of King and Pierce counties in Washington, 1973–2974. Am J Epidemiol. 1975;102(3):209–216.
28. Brambilla DJ, McKinlay SM. A prospective study of factors affecting age at menopause. J Clin Epidemiol. 1989;42(11):1031–1039.
29. Hardy R, Kuh D. Social and environmental conditions across the life course and age at menopause in a British birth cohort study. BJOG. 2005 Mar; 112(3):346-54.
30. Bleil ME, Adler NE, Pasch LA, Sternfeld B, Gregorich SE, Rosen MP, Cedars MI. Depressive symptomatology, psychological stress, and ovarian reserve: a role for psychological factors in ovarian aging? Menopause. 2012 Nov; 19(11):1176-85.
31. Soules MR, Sherman S, Parrott E, Rebar R, Santoro N, Utian W, Woods N. Stages of Reproductive 18 Treloar AE, Boynton RE, Behn BG, et al. Variation of the human menstrual cycle through reproductive life. Int J Fertil. 1967;12(1):77–126.
32. Avis NE, McKinlay SM. The Massachusetts Women's Health Study: an epidemiologic investigation of the menopause. J Am Med Womens Assoc. 1995; 50(2):45–9. 63
33. Burger HG, Dudley E, Mamers P, Groome N, Robertson DM. Early follicular phase serum FSH as a function of age: The roles of inhibin B, inhibin A and estradiol. Climacteric 2000;3:17–24 Melbourne Healthy Womens Study
34. Sowers MR, Zheng H, McConnell D, Nan B, Harlow S, Randolph JF Jr. Follicle stimulating hormone and its rate of change in defining menopause transition stages. J Clin Endocrinol Metab. 2008; 93(10):3958–64.

35. Freeman EW, Sammel MD, Gracia CR, Kapoor S, Lin H, Liu L, et al. Follicular phase hormone levels and menstrual bleeding status in the approach to menopause. Fertil Steril. 2005; 83(2):383– 92
36. Mitchell ES, Woods NF, Mariella A. Three stages of the menopausal transition from the Seattle Midlife Women's Health Study: toward a more precise definition. Menopause. 2000; 7(5):334–49.
37. Santoro N, Randolph JF., Jr Reproductive hormones and the menopause transition. Obstet Gynecol Clin North Am 2011;38:455–466
38. TREMIN Study Aging Workshop (STRAW). J Womens Health Gend Based Med. 2001 Nov; 10(9):843-8.
39. Siobán D. Harlow, PhD,1 Margery Gass, MD, NCMP,2 Janet E. Hall, MD,3 Roger Lobo, MD,4 Pauline Maki, PhD,5 Robert W. Rebar, MD,6 Sherry Sherman, PhD,7 Patrick M. Sluss, PhD,8 and Tobie J. de Villiers. Executive summary of the Stages of Reproductive Aging Workshop + 10: addressing the unfinished agenda of staging reproductive aging. Menopause. 2012 Apr; 19(4): 387–395.
40. Guthrie JR, Dennerstein L, Taffe JR, Donnelly V. Health care-seeking for menopausal problems. Climacteric. 2003 Jun; 6(2):112-7.
41. Nanette Santoro, MD J Perimenopause: From Research to Practice. Womens Health (Larchmt). 2016 Apr 1; 25(4): 332–339.
42. Atsma F, Bartelink ML, Grobbee DE, van der Schouw YT. Postmenopausal status and early menopause as independent risk factors for cardiovascular disease: a meta-analysis. Menopause. 2006;13(2):265–279.
43. Kritz-Silverstein D, Barrett-Connor E. Early menopause, number of reproductive years, and bone mineral density in postmenopausal women. Am J Public Health. 1993;83(7):983–988.
44. Parazzini F, Bidoli E, Franceschi S, et al. Menopause, menstrual and reproductive history, and bone density in northern Italy. J Epidemiol Community Health. 1996;50(5):519–523.
45. Osei-Hyiaman D, Satoshi T, Ueji M, Hideto T, Kano K. Timing of menopause, reproductive years, and bone mineral density: a cross-sectional study of postmenopausal Japanese women. Am J Epidemiol. 1998;148(11):1055–1061
46. The timing of the age at which natural menopause occurs. Obstet Gynecol Clin North Am. 2011;38(3):425–440.
47. Peters HW1, Westendorp IC, Hak AE, Grobbee DE, Stehouwer CD, Hofman A, Witteman JC J. Menopausal status and risk factors for cardiovascular disease. Intern Med. 1999 Dec;246(6):521-8.
48. de Kat AC, Dam V, Onland-Moret NC, Eijkemans MJ, Broekmans FJ, van der Schouw YT. Unraveling the associations of age and menopause with cardiovascular risk factors in a large population-based study. BMC Med. 2017 Jan 4;15(1):2. doi: 10.1186/s12916-016-0762-8.
49. Kuh D1, Langenberg C, Hardy R, Kok H, Cooper R, Butterworth S, Wadsworth ME. Cardiovascular risk at age 53 years in relation to the menopause transition and use of hormone replacement therapy: a prospective British birth cohort study. BJOG. 2005 Apr;112(4):476-85.
50. Matthews KA, Wing RR, Kuller LH, Meilahn EN, Plantinga P. Influence of the perimenopause on cardiovascular risk factors and symptoms of middle-aged healthy women. Arch Intern Med. 1994 Oct 24; 154(20):2349-55.
51. Savonitto S, Ferri LA, Colombo D. Perimenopause vasomotor symptoms, coronary atherosclerosis and risk of myocardial infarction during menopause: the cardiologist's perspective. Prz Menopauzalny. 2018 Jun; 17(2):53-56.
52. Kritz-Silverstein D, Barrett-Connor E. Early menopause, number of reproductive years, and bone mineral density in postmenopausal women. Am J Public Health. 1993;83(7):983–988.

53. Bihuniak JD, Ramos A, Huedo-Medina T, Hutchins-Wiese H, Kerstetter JE, Kenny AM. Adherence to a Mediterranean-Style Diet and Its Influence on Cardiovascular Risk Factors in Postmenopausal Women. J Acad Nutr Diet. 2016 Nov;116(11):1767-1775.
54. Silva TRD, Martins CC, Ferreira LL, Spritzer PM. Mediterranean diet is associated with bone mineral density and muscle mass in postmenopausal women. Climacteric. 2019 Apr;22(2):162-168.
55. Rashad J. Belin, PhD, MSCI1, Philip Greenland, MD1, Lisa Martin, MD2, Albert Oberman, MD, Lesley Tinker, PhD, Jennifer Robinson, MD, Joseph Larson, MS4, Linda Van Horn, PhD, RD, and Donald Lloyd-Jones, MD, MS. Fish Intake and the Risk of Incident Heart Failure: The Women's Health Initiative. Circ Heart Fail . 2011 July ; 4(4): 404–413.
56. Wijendran V, Hayes KC. Dietary n-6 and n-3 fatty acid balance and cardiovascular health. Annu Rev Nutr. 2004; 24():597-615.
57. Mozaffarian D, Bryson CL, Lemaitre RN, Burke GL, Siscovick DS Fish intake and risk of incident heart failure. J Am Coll Cardiol. 2005 Jun 21; 45(12):2015-21.
58. Levitan EB, Wolk A, Mittleman MA. Fatty fish, marine omega-3 fatty acids and incidence of heart failure. Eur J Clin Nutr. 2010 Jun; 64(6):587-94.
59. Washburn S1, Burke GL, Morgan T, Anthony M. Effect of soy protein supplementation on serum lipoproteins, blood pressure, and menopausal symptoms in perimenopausal women. Menopause. 1999 Spring;6(1):7-13.
60. Rizzoli R1, Boonen S, Brandi ML, Bruyère O, Cooper C, Kanis JA, Kaufman JM, Ringe JD, Weryha G, Reginster JY. Vitamin D supplementation in elderly or postmenopausal women: a 2013 update of the 2008 recommendations from the European Society for Clinical and Economic Aspects of Osteoporosis and Osteoarthritis (ESCEO). Curr Med Res Opin. 2013 Apr;29(4):305-13.
61. SACN Vitamin D and Health Report https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/537616/SACN_Vitamin_D_and_Health_report.pdf

---

Pg24/26 – HEART HEALTH FEATURE

Sofi F, Abbate R, Gensini GF, et al. Accruing evidence on benefits of adherence to the Mediterranean diet on health: an updated systematic review and meta-analysis. Am J Clin Nutr 2010; 92: 1189–1196.

1. Estruch R, Ros E, Salas-Salvado J, et al. Primary prevention of cardiovascular disease with a Mediterranean diet. N Engl J Med 2013; 368: 1279–1290.
2. Nadtochiy SM and Redman EK. Mediterranean diet and cardioprotection: the role of nitrite, polyunsaturated fatty acids, and polyphenols. Nutrition 2011; 27: 733–744.
3. Salas-Salvado J, Bullo M, Estruch R, et al. Prevention of diabetes with Mediterranean diets: a subgroup analysis of a randomized trial. Ann Intern Med 2014; 160: 1–10.
4. De Lorgeril M, Salen P, Martin JL, et al. Mediterranean diet, traditional risk factors, and the rate of cardiovascular complications after myocardial infarction: final report of the Lyon Diet Heart Study. Circulation 1999; 99: 779–785.

5. Chowdhury R, Warnakula S, Kunutsor S, et al. Association of dietary, circulating, and supplement fatty acids with coronary risk: a systematic review and meta-analysis. Ann Intern Med 2014; 160: 398–406.
6. DiNicolantonio JJ, Lucan SC and O'Keefe JH. The evidence for saturated fat and for sugar related to coronary heart disease. Prog Cardiovasc Dis 2016; 58: 464–472.
7. Praagman J, Beulens JW, Alssema M, et al. The association between dietary saturated fatty acids and ischemic heart disease depends on the type and source of fatty acid in the European Prospective Investigation into Cancer and Nutrition-Netherlands cohort. Am J Clin Nutr 2016; 103: 356–365.
8. Chen M, Li Y, Sun Q, et al. Dairy fat and risk of cardiovascular disease in 3 cohorts of US adults. Am J Clin Nutr 2016; 104: 1209–1217.
9. Zong G, Li Y, Wanders AJ, et al. Intake of individual saturated fatty acids and risk of coronary heart disease in US men and women: two prospective longitudinal cohort studies. BMJ 2016; 355: i5796.
10. Micha R and Mozaffarian D. Saturated fat and cardiometabolic risk factors, coronary heart disease, stroke, and diabetes: a fresh look at the evidence. Lipids 2010; 45: 893–905.
11. de Souza RJ, Mente A, Maroleanu A, et al. Intake of saturated and trans unsaturated fatty acids and risk of all-cause mortality, cardiovascular disease, and type 2 diabetes: systematic review and meta-analysis of observational studies. BMJ 2015; 351: h3978.
12. Ruiz-Nunez B, Dijck-Brouwer DA and Muskiet FA. The relation of saturated fatty acids with low-grade inflammation and cardiovascular disease. J Nutr Biochem 2016; 36: 1–20.
13. Eyres L, Eyres MF, Chisholm A, et al. Coconut oil consumption and cardiovascular risk factors in humans. Nutr Rev 2016; 74: 267–280.
14. Ballard KD and Bruno RS. Protective role of dairy and its constituents on vascular function independent of blood pressure-lowering activities. Nutr Rev 2015; 73: 36–50.
15. Chrysant SG and Chrysant GS. An update on the cardiovascular pleiotropic effects of milk and milk products. J Clin Hypertens (Greenwich) 2013; 15: 503–510.
16. Bernstein AM, de Koning L, Flint AJ, et al. Soda consumption and the risk of stroke in men and women. Am J Clin Nutr 2012; 95: 1190– 1199.
17. Eshak ES, Iso H, Kokubo Y, et al. Soft drink intake in relation to incident ischemic heart disease, stroke, and stroke subtypes in Japanese men and women: the Japan Public Health Centre-based study cohort I. Am J Clin Nutr 2012; 96: 1390–1397.
18. Crowe FL, Appleby PN, Travis RC, et al. Risk of hospitalization or death from ischemic heart disease among British vegetarians and nonvegetarians: results from the EPIC-Oxford cohort study. Am J Clin Nutr 2013; 97: 597–603.
19. Orlich MJ, Singh PN, Sabate J, et al. Vegetarian dietary patterns and mortality in Adventist Health Study 2. JAMA Intern Med 2013; 173: 1230–1238.
20. Miedema MD, Petrone A, Shikany JM, et al. Association of fruit and vegetable consumption during early adulthood with the prevalence of coronary artery calcium after 20 years of follow-up: The Coronary Artery Risk Development in Young Adults (CARDIA) Study. Circulation 2015; 132: 1990–1998.

21. Dauchet L, Amouyel P, Hercberg S, et al. Fruit and vegetable consumption and risk of coronary heart disease: a meta-analysis of cohort studies J Nutr 2006; 136: 2588–2593.
22. Whalen KA, Judd S, McCullough ML, et al. Paleolithic and Mediterranean diet pattern scores are inversely associated with All-Cause and Cause-Specific Mortality in Adults. J Nutr 2017; 147: 612–620.
23. Roussell MA, Hill AM, Gaugler TL, et al. Beef in an optimal lean diet study: effects on lipids, lipoproteins, and apolipoproteins. Am J Clin Nutr 2012; 95: 9–16.
24. Lee JE, McLerran DF, Rolland B, et al. Meat intake and cause-specific mortality: a pooled analysis of Asian prospective cohort studies. Am J Clin Nutr 2013; 98: 1032–1041.
25. Micha R, Wallace SK and Mozaffarian D. Red and processed meat consumption and risk of incident coronary heart disease, stroke, and diabetes mellitus: a systematic review and metaanalysis. Circulation 2010; 121: 2271–2283.
26. Bellavia A, Larsson SC, Bottai M, et al. Differences in survival associated with processed and with nonprocessed red meat consumption. Am J Clin Nutr 2014; 100: 924–929.
27. Lajous M, Bijon A, Fagherazzi G, et al. Processed and unprocessed red meat consumption and hypertension in women. Am J Clin Nutr 2014; 100: 948–952.
28. Zhao L, Lee JY and Hwang DH. Inhibition of pattern recognition receptor-mediated inflammation by bioactive phytochemicals. Nutr Rev 2011; 69: 310–320.
29. Houston MC, Cooil B, Olafsson BJ, et al. Juice powder concentrate and systemic blood pressure, progression of coronary artery calcium and antioxidant status in hypertensive subjects: a pilot study. Evid Based Complement Alternat Med 2007; 4: 455–462.
30. Palatini P, Ceolotto G, Ragazzo F, et al. CYP1A2 genotype modifies the association between coffee intake and the risk of hypertension. Hypertens 2009; 27: 1594–601.
31. Hu G, Jousilahti P, Nissinen A, et al. Coffee consumption and the incidence of antihypertensive drug treatment in Finnish men and women. Am J Clin Nutr 2007; 86: 457–464.
32. Vlachopoulos CV, Vyssoulis GG, Alexopoulos NA, et al. Effect of chronic coffee consumption on aortic stiffness and wave reflections in hypertensive patients. Eur J Clin Nutr 2007; 61: 796–802.
33. Mesas AE, Leon-Munoz LM, Rodriguez- Artalejo F, et al. The effect of coffee on blood pressure and cardiovascular disease in hypertensive individuals: a systematic review and meta-analysis. Am J Clin Nutr 2011; 94: 1113–1126.
34. Cornelis MC and El-Sohemy A. Coffee, caffeine, and coronary heart disease. Curr Opin Lipidol 2007; 18: 13–19.
35. Cornelis MC, El-Sohemy A, Kabagambe EK, et al. CYP1A2 genotype, and risk of myocardial infarction. JAMA 2006; 295: 1135–1141.
36. Liu J, Sui X, Lavie CJ, et al. Association of coffee consumption with all-cause and cardiovascular disease mortality. Mayo Clin Proc 2013; 88: 1066–1074.
37. Renda G, Zimarino M, Antonucci I, et al. R8 determinants of blood pressure responses to caffeine drinking. Am J Clin Nutr 2012; 95: 241–248.
38. Alexander DD, Miller PE, Van Elswyk ME, et al. A meta-analysis of randomized controlled trials and prospective cohort studies of eicosapentaenoic and

docosahexaenoic longchain omega-3 fatty acids and coronary heart disease risk. Mayo Clin Proc 2017: 92: 15–29.
39. Gajos G, Zalewski J, Rostoff P, et al. Reduced thrombin formation and altered fibrin clot properties induced by polyunsaturated omega-3 fatty acids on top of dual antiplatelet therapy in patients undergoing percutaneous coronary intervention (OMEGA-PCI clot). Arterioscler Thromb Vasc Biol 2011; 31: 1696– 1702.
40. Arnesen H. n-3 fatty acids and revascularization procedures. Lipids 2001; 36(Suppl.): S103–S106.
41. Arnesen H and Seljeflot I. Studies on very long chain marine n-3 fatty acids in patients with atherosclerotic heart disease with special focus on mechanisms, dosage and formulas of supplementation. Cell Mol Biol 2010; 56: 18–27.
42. Sekikawa A, Miura K, Lee S, et al. Long chain n-3 polyunsaturated fatty acids and incidence rate of coronary artery calcification in Japanese men in Japan and white men in the USA: population based prospective cohort study. Heart 2014; 100: 569–573.
43. Abedin M, Lim J, Tang TB, et al. N-3 fatty acids inhibit vascular calcification via the p38-mitogen-activated protein kinase and peroxisome proliferator-activated receptorgamma pathways. Circ Res 2006; 98: 727–729.
44. Jacobson TA, Glickstein SB, Rowe JD, et al. Effects of eicosapentaenoic acid and docosahexaenoic acid on low-density lipoprotein cholesterol and other lipids: a review. J Clin Lipidol 2012; 6: 5–18.
45. Jans A, Konings E, Goossens GH, et al. PUFAs acutely affect triacylglycerol-derived skeletal muscle fatty acid uptake and increase postprandial insulin sensitivity. Am J Clin Nutr 2012; 95: 825–836.
46. Garcia-Lopez S, Villanueva Arriaga RE, Najera Medina O, et al. One month of omega-3 fatty acid supplementation improves lipid profiles, glucose levels and blood pressure in overweight schoolchildren with metabolic syndrome. J Pediatr Endocrinol Metab 2016; 29: 1143–1150.
47. Sawada T, Tsubata H, Hashimoto N, et al. Effects of 6-month eicosapentaenoic acid treatment on postprandial hyperglycemia, hyperlipidemia, insulin secretion ability, and concomitant endothelial dysfunction among newly-diagnosed impaired glucose metabolism patients with coronary artery disease. An open label, single blinded, prospective randomized controlled trial. Cardiovasc Diabetol 2016; 15: 121.
48. Houston M. The role of nutrition and nutraceutical supplements in the treatment of hypertension. World J Cardiol 2014; 6: 38–66.
49. Wagner S, Herrick J, Shecterle LM, et al. D-ribose, a metabolic substrate for congestive heart failure. Prog Cardiovasc Nurs 2009; 24: 59–60.
50. Shecterle LM, Terry KR and St Cyr JA. The patented uses of D-ribose in cardiovascular diseases. Recent Pat Cardiovasc Drug Discov 2010; 5: 138–142.
51. Perkowski DJ, Wagner S, Schneider JR, et al. A targeted metabolic protocol with D-ribose for off-pump coronary artery bypass procedures: a retrospective analysis. Ther Adv Cardiovasc Dis 2011; 5: 185–192.
52. Omran H, Illien S, MacCarter D, et al. D-ribose improves diastolic function and quality of life in congestive heart failure patients: a prospective feasibility study. Eur J Heart Fail 2003; 5: 615–619.
53. Pauly DF and Pepine CJ. D-ribose as a supplement for cardiac energy metabolism. J Cardiovasc Pharmacol Ther 2000; 5: 249–258.

54. Bayram M, St Cyr JA and Abraham WT. D-ribose aids heart failure patients with preserved ejection fraction and diastolic dysfunction: a pilot study. Ther Adv Cardiovasc Dis 2015; 9: 56–65.
55. Erkkila AT, Booth SL, Hu FB, et al. Phylloquinone intake as a marker for coronary heart disease risk but not stroke in women. Eur J Clin Nutr 2005; 59: 196–204.
56. Erkkila AT, Booth SL, Hu FB, et al. Phylloquinone intake and risk of cardiovascular diseases in men. Nutr Metab Cardiovasc Dis 2007; 17: 58–62.
57. Shea MK, Booth SL, Miller ME, et al. Association between circulating vitamin K1 and coronary calcium progression in community dwelling adults: the Multi-Ethnic Study of Atherosclerosis. Am J Clin Nutr 2013; 98: 197–208.
58. Geleijnse JM, Vermeer C, Grobbee DE, et al. Dietary intake of menaquinone is associated with a reduced risk of coronary heart disease:the Rotterdam Study. J Nutr 2004; 134: 3100–3105.
59. Fodor D, Albu A, Poantă L, et al. Vitamin K and vascular calcifications. Acta Physiol Hung 2010; 97: 256–266.
60. Wongcharoen W, Jai-Aue S, Phrommintikul A, et al. Effects of curcuminoids on frequency of acute myocardial infarction after coronary artery bypass grafting. Am J Cardiol 2012; 110: 40–44.
61. Chello M, Mastroroberto P, Romano R, et al. Protection by coenzyme Q10 from myocardial reperfusion injury during coronary artery bypass grafting. Ann Thorac Surg 1994; 58: 1427–1432.
62. Singh RB, Wander GS, Rastogi A, et al. Randomized, double-blind placebo-controlled trial of coenzyme Q10 in patients with acute myocardial infarction. Cardiovasc Drugs Ther 1998; 12: 347–353.
63. Mortensen SA, Rosenfeldt F, Kumar A, et al. The effect of coenzyme Q10 on morbidity and mortality in chronic heart failure: results from Q-SYMBIO: a randomized double-blind trial. JACC Heart Fail 2014; 2: 641–649.

Pg28/29 – PHARMANORD FEATURE

1. Ihl R, Tribanek M, Bachinskaya N. Efficacy and Tolerability of a Once Daily Formulation of Ginkgo biloba Extract EGb 761® in Alzheimer's Disease and Vascular Dementia: Results from a Randomised Controlled Trial. Pharmacopsychiatry. 2011;45(02):41-46.

2. Wesnes K, Simmons D, Rook M, Simpson P. A double-blind placebo-controlled trial of tanakan in the treatment of idiopathic cognitive impairment in the elderly. Human Psychopharmacology: Clinical and Experimental. 1987;2(3):159-169.

3. Cognitive Performance, SPECT, and Blood Viscosity in Elderly Non-demented People Using Ginkgo Biloba. Pharmacopsychiatry. 2003;36(4):127-133.

4. von Boetticher A. Ginkgo biloba extract in the treatment of tinnitus: a systematic review. Neuropsychiatric Disease and Treatment. 2011;:441.

5. SAGE Journals: Your gateway to world-class journal research [Internet]. Journals.sagepub.com. 2019 [cited 25 January 2019]. Available from: https://journals.sagepub.com/doi/pdf/10.1191/1358863x02vm455oa

6. Pittler M, Ernst E. Ginkgo Biloba extract for the treatment of intermittent claudication: a meta-analysis of randomized trials. The American Journal of Medicine. 2000;108(4):276-281.

7. Li S, Zhang X, Fang Q, Zhou J, Zhang M, Wang H et al. Ginkgo biloba extract improved cognitive and neurological functions of acute ischaemic stroke: a randomised controlled trial. Stroke and Vascular Neurology. 2017;2(4):189-197.

8. Mantle et al, 2003. Comparison of Antioxidant Activity in Commercial Ginkgo biloba Preparations. The Journal Of Alternative And Complementary Medicine Volume 9, Number 5, 2003, pp. 625– 629.